

Dualit®



DUALIT HAND MIXER
INSTRUCTION MANUAL

GB 04/06



'Best plugged in product'

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INSTRUCTION MANUAL

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THE DUALIT HAND MIXER

Thank you for choosing the Dualit hand mixer. It is an invaluable kitchen tool and makes light work of whisking, mixing and creaming, with minimum washing up. It is the first hand mixer to feature a balloon whisk, normally found only in professional kitchens. Driven by a 300 watt heavy duty motor, the Dualit hand mixer makes light work of preparing many foods.

SAFETY PRECAUTIONS

IMPORTANT SAFEGUARDS

**READ ALL INSTRUCTIONS
CAREFULLY BEFORE USING
THE HAND MIXER.**

SAFETY PRECAUTIONS

Always follow these safety guidelines and warnings when using the hand mixer to avoid personal injury or damage to the appliance.

- Before plugging in, check that the voltage on the rating label is the same as the mains supply
- To protect against risk of electrical shock do not put the mixer in water or any other liquid
- Unplug from outlet when not in use, before putting on or taking off parts and before cleaning
- Avoid contact with moving parts. Keep hands, jewellery, hair, clothing and other utensils away from beaters during operation to prevent personal injury or damage to the mixer
- Do not operate the mixer with a damaged cord or plug if the appliance malfunctions, or is dropped or damaged in any way. Return appliances to the nearest authorised service centre for examination, repair and electrical or mechanical adjustment
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury
- Do not let the cord (5) hang over the edge of the table or counter or touch hot surfaces, including ovens
- Close supervision is necessary when the mixer is used by or near children or by anyone with a disability that might make it difficult to use

SAFETY PRECAUTIONS

- Remove attachments (6) from mixer before washing
- Do not place mixer or bowls on or near a hot burner or in a heated oven
- Do not use the mixer for purposes other than the intended use
- Adjust the speed control (2) to '0' and unplug from outlet when not in use. Do not disassemble the unit until the motor comes to a complete stop
- Any plug that has been cut from power supply cord should be disposed of immediately. Inserting any cut off plug into a socket outlet is hazardous
- Never use the plug (5) without the fuse cover fitted. Ensure any replacement fuse has the same current value as the original fuse

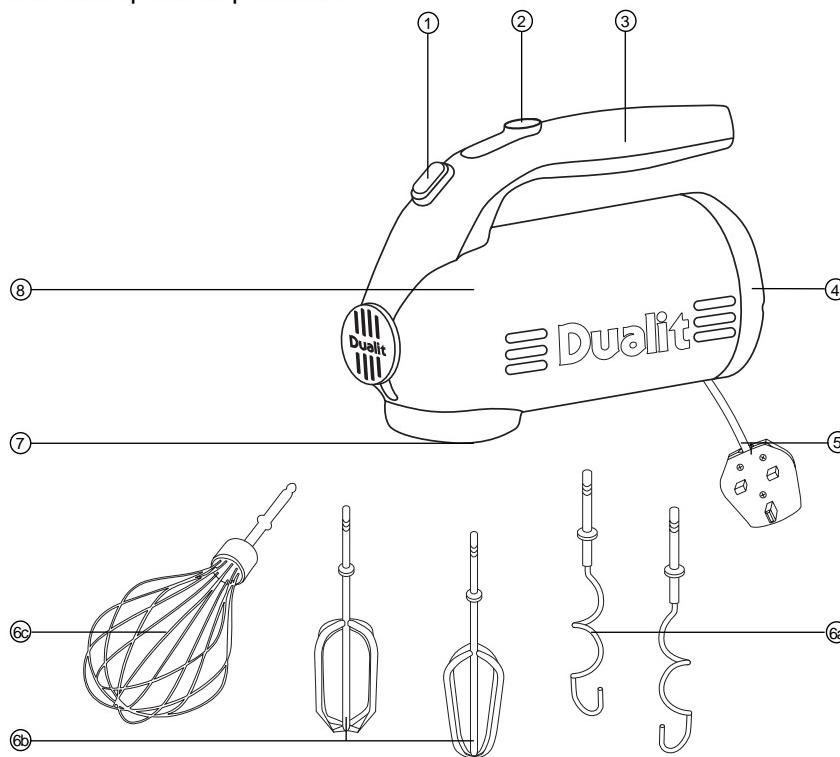
SAVE THESE INSTRUCTIONS

FEATURES

- Replacement fuses are available from Dualit Ltd and should be ASTA approved to BS1362
 - Connect the appliance to an earthed wall socket
 - Never leave the appliance unattended when in use
 - Servicing should be performed by an authorised service representative
 - Do not use outdoors
- Note: This mixer is intended for household use only.**
- The power cord is retractable. It coils into the main body of the mixer for neat and clean storage
 - The plug can be inserted into the head of the mixer (7), for tidy storage
 - The hand mixer has 5 precision speeds allow you to choose the speed that best suits the foods you are preparing. The control settings are indicated by speeds 1-5, see page 7 for guide
 - The beater ejector button (1) allows for easy release of the beaters (6). For safety, the speed control (2) must be set on '0' to release the beaters (6)
 - Rubber grips are on the swivel base (4) ensuring the mixer is steady in the rest position. Also assist winding the power cord (5) into the body (8)

PARTS AND CONTROLS

Before using the hand mixer, check the following items are in the box. If any of the items are missing or damaged, please contact the place of purchase.



- ① Eject button
- ② Speed control
- ③ Easy grip handle
- ④ Swivel base
- ⑤ Power cord
- ⑥a Dough hooks
- ⑥b Flat beaters
- ⑥c Balloon whisk
- ⑦ Plug storage
- ⑧ Main body

USING YOUR HAND MIXER

THE ATTACHMENTS AND THEIR USES

• The Balloon Whisk

The balloon whisk is a joy, and holds the secret of beating egg whites and cream successfully. It is the perfect tool for incorporating air into light ingredients to create feather weight results. Use the balloon whisk for hot, cold and frozen soufflés and to whisk egg-whites for light sponges, meringues, and mousses. Whipped cream takes only moments to produce with the balloon whisk

• The Dough Hooks

Use the dough hooks for pastry and biscuit dough recipes that use soft butter or oil, and for breads that include olive oil. Due to their clever action, they mix dough thoroughly and quickly

• The Beaters

The Dualit hand mixer is a powerful tool and the beater attachments can make a heavy mix smooth, take lumps out of a sauce, mix together cake ingredients or cream sugar and eggs together to make custard and ice cream. Making mayonnaise is no longer a tricky task

SPEED SETTINGS

Refer to the following mixing guide for your speed selections.

Speed Function

0 Off

Standby and storage. Please note the beaters will only eject if set to the 'OFF' position.

SPEED SETTINGS

1 Blend

To combine liquids or to knead & mix dough

2 Stir

To prepare sauces, gravy and puddings

3 Mix

To prepare batters and mixes

4 Beat

To cream butter and sugar, make biscuit mix, cake mixes and icing

5 Whip

To whip light and fluffy mixtures, make whipped cream, beat eggs and mash potatoes

As you add ingredients, the consistency of the mixture may change and you may require a higher or lower speed setting.

USING YOUR HAND MIXER

GETTING STARTED

- Before handling the beaters, dough hooks or balloon whisk (6), ensure the mixer is unplugged from the electrical outlet and the speed control (2) switch is set to the '0' position
- Insert the beaters (6) by grasping the handle (2) of the mixer with one hand and the beater stem with the other hand
- For the dough hooks (6a) ensure you insert the correct dough hook into the correct hole on the underside (7) of the mixer.

Match the hook with the round collar on the stem into the round shaped hole on the right hand side and the dough hook with the hexagonal collar on the stem into the hexagonal hole on the left

- The flat beaters (6b) or balloon whisk (6c) can fit into either hole
- Insert the beaters one at a time with a slight twisting action until they snap into place
- Hold the handle (3) in one hand and pull the the plug (5) until the required cord length is reached.
Do not pull further than the red indicator on the cord
- Plug the cord into a standard electrical outlet
- Place ingredients into a bowl
- Select the speed setting that matches your mixing task. See page 7 for speed settings
- After you have finished mixing, turn the speed control to '0' and unplug the electric cord (5)

- The mixer should be stood on its base (4) when not in use. There are 4 rubber non-slip feet to keep the mixer steady
- Raise the mixer head and press down on the beater ejector button (1) to eject the beaters (6).

The speed control (2) must be set to '0' to release to beaters

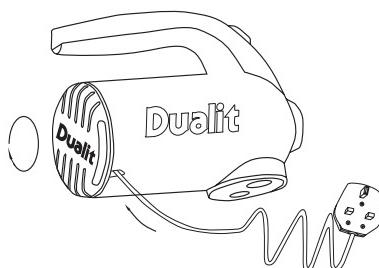
- Do not strike beaters (6) on the rim of bowls, especially glass bowls.

To remove any excess ingredients off the beaters (6), use a rubber or plastic spatula to scrape off.

SERVICING

RETRACTABLE CORD

- After each use, for easy and tidy storage, wind the power cord (5) into the body of the mixer by turning the swivel base (4) clockwise in the direction shown by the arrow on the mixer body (8)



- To prevent cord damage always pull power cord (5) out gently. If the cord jams, rotate the swivel base (4) counter clockwise half a turn, then pull out the cord (5)

Do not pull cable past the red indicator on the power cord (5)

CARE & STORAGE

- Unplug electric cord (5) from electrical outlet before cleaning. Wipe the mixer body (8) clean with a dry cloth.
- Wash the beaters, dough hooks and whisk (6) in hot soapy water after each use. Rinse thoroughly and dry
- Beaters, dough hooks and balloon whisk (6) are all dishwasher safe
- Detach the beaters (6) from the mixer and store them carefully. The mixer should be stored with the cord (5) retracted into the body (8) and stood on the swivel base (4). The plug (5) should be plugged into the defined holes (7)

GUARANTEE

If your mixer malfunctions within **one year from the date of purchase**, we will, at our discretion, repair or replace it free of charge provided;

- You have not misused, neglected or damaged it
- You provide a receipt to show where and when you purchased your hand mixer
- It has not been modified
- It has been used for the purpose for which it is intended

This guarantee does not affect your statutory rights. Dualit Ltd does not assume any responsibility for incidental or consequential rights.

Call the Dualit UK customer care line on: +44 (0) 1293 652 500

Dualit®



DUALIT HAND MIXER

C O O K B O O K

THE SECRETS OF SUCCESS

DAILY USES FOR YOUR HAND MIXER

- **Frightened of making sauces, or using packet mixes, because they go lumpy?** Simply immerse the beaters into the sauce, still in the pan, and run on a low speed.
 - **Plunge the beaters into mashed potato** to fluff it up (for dinner party standard, see page 17)
 - **Make savoury hot soufflés** a frequent item on your menu – so impressive, but really easy with your Dualit hand mixer (see Soufflé recipe, page 15)
 - **Produce quick and healthy mousse desserts.** Whisk some egg whites to a stiff peak (see page 12) and a little cream (in separate bowls), fold into a fruit purée and serve. Alternatively, fold whites in Greek yogurt or fromage frais. Drain in a fine sieve and serve with berries
 - **Make a habit of whipping cream** – it takes little time and can turn a dull cake or plain dessert into something delicious. Whipped cream is a perfect accompaniment to hot apple pie, fruit puddings and tarts. The contrast of cold cream with a hot pudding is something special. Sandwich homemade biscuits (see recipe, page 23) with whipped double cream, berries and a dab of ice cream for an instant dessert
 - **Bake a cake for tea.** The hand mixer makes light work of knocking up a packet cake mix for children's tea time treats
 - **Whiz up a pancake mixture.** Pancakes are always popular, especially for the children's supper and they can help make them.
- Use a packet mix, or simply make your own: break 2 small eggs into a medium sized bowl, add 2 heaped tablespoons of flour, a pinch of salt, 140ml (1/4 pint) milk, 2 tbsp sparkling mineral water, or beer if you have some open. Using the beaters at a medium speed, mix it all together thoroughly. Scrape down the sides of the bowl and, on a fast speed, beat to a smooth cream. Allow to stand for at least half an hour before making pancakes
- **Egg yolks and sugar beaten 'to the ribbon'** is called for in some recipes, which sounds daunting. The beaters make easy work of this. Test by lifting the beaters slowly out of the mixture which, when ready, will run off in a ribbon-like consistency

THE SECRETS OF SUCCESS

WHISKING AND BEATING

- Choose a bowl larger than you think you need: ingredients need space to move. The bowl should be deep, not wide and shallow, to allow the whisk to get right into the mixture to incorporate air
- Gently 'stir' the mix with the whisk or beaters running, reaching into all parts of the bowl. Ingredients are whisked, beaten or creamed to incorporate air. By tipping the bowl at a safe angle, even more air can get into the mixture, resulting in light mixtures and increased volume
- **Whisking egg whites**
Whisked egg whites provide the base for soufflés and all types of meringues. A little knowledge can make the difference between success and failure:

A speck of grease will stop white from whipping, so the mixing bowl must be spotless. Rub with a cut lemon if you have any doubts

Some recipes call for a little lemon juice, vinegar or a pinch of salt. These can help the whites to incorporate plenty of air. Use the balloon whisk. Start slowly and only use a faster speed when the mixture starts to turn white

- The following terms often appear, relating to whisking egg whites:

Soft peak: How to tell

Stop whisking, pick up some egg white on the end of the whisk and hold it vertically. Wave the whisk. The peak should wobble and fall over gently, like the tip of a cat's tail. The mixture should be shiny

Stiff peak: How to tell

Repeat the previous test. The little peak should not move. If you tip the bowl upside down, the contents should remain stationary. The mixture should be shiny and just soft enough to spoon

Overbeaten: How to tell

This can occur within a split second after the stiff peak stage. You will see a solid mass, which is unredeemable. The whites have lost the gloss & look unappetising and a spoon cuts through the mixture like a knife. If you're not confident about when to stop, use the balloon whisk in your hand from the soft peak stage, once the hard work has been done. Only a few more "whisks" are needed for perfect stiff peaks

THE SECRETS OF SUCCESS

WHIPPING CREAM

- Of all the creams on sale there are two that are suitable for whipping: double cream and whipping cream. They contain the correct amount of butterfat to hold air in the cream, which fluffs it up. Use either the balloon whisk or the beaters
 - Whipped double cream becomes thick and holds its shape over time. Use for filling and decorating cakes, trifles, gateaux and parfaits, and when advance preparation is required
 - Whipping cream, with its soft, yielding consistency is a perfect accompaniment for fruit puddings, pies and chocolate desserts. Whisk until the mixture has doubled in volume, but is still spoonable.
- It should slip easily about the bowl. Refrigerate. Do not keep for longer than an hour, it may become runny again
- Producing whipped cream is straightforward, and there are just two basic rules for success:

keep the cream cool while you work or it will turn yellow and slippery

do not over whip or it will become dry, claggy and may be unusable
 - For successful results, on warm days, cool the cream, bowl and whisk in the fridge.

When ready, pour cream into the bowl and work the whisk, on medium speed, in a circle
- To avoid over whipping, stop whisking just before achieving the consistency you wish. If you are not using the cream immediately, cover and refrigerate
 - Whisk cream in short bursts just before use
 - To restore over whipped cream, rest it for as long as possible before trying the following:

Double cream: add a little more runny cream, stirring in gently

Whipping cream: if it has softened a little, try stirring in a drop of milk

THE SECRETS OF SUCCESS

THE CREAMING PROCESS

- Beating air into the butter helps a cake to rise. Butter and sugar are usually 'creamed' as a first stage of cake-making, and also for some icings and for Brandy Butter
- Use a warm bowl. Warmth aids the process, and is essential when you add eggs. Here you are forcing the fat of the butter to accept the liquid of the eggs, creating an emulsion
- The butter should be loose and soft: oozing, or dropping off a spoon easily or the process cannot take place
- Put the eggs (or yolks) into a jug and beat lightly, set aside
- Beat the butter and sugar for 10 minutes or so - which is really easy with the power of your hand mixer. This incorporates air into the butter, which goes pale and 'fluffy' as a result. This air helps the cake to rise
- Add the egg very slowly – drip by drip from the jug
Beat the mix really well before each addition
- Curdling is a failure of the whole process of emulsion. You will see the liquid and fatty solids separate out, which is a real nuisance
On a slow speed, try adding a little flour or ground nuts (from the recipe) a spoonful at a time, to save the situation
- Even if you are unable to rescue, do not despair. A curdled mixture will still make a respectable cake

SAVOURY

HOT CAULIFLOWER CHEESE SOUFFLE (makes 8 small or 4 large servings)

These are deceptively easy to make, Tasty and reliable.

300g (11oz) cauliflower, cut into little florets

40g (1½ oz) butter

225g (8oz) grated Cheddar or Gruyere cheese (after removing rind)

4 tsp milk

1 level tbsp English mustard (made up)

2 small eggs, separated

Salt and freshly milled pepper

- You will need 4 large 13cm (5 inch) diameter ramekin dishes, or 8 small ones, and a large baking sheet to put them on
- Preheat oven to 200C/400F/M6. Make sure that you have a rack placed near to the top of the oven
- Put the baking sheet in the oven to heat. Cook the florets in boiling salted water, drain and dry. With half the butter, grease the ramekins and divide the florets among them

Melt the remaining butter in a small pan over a gentle heat, then add the cheese. When melted, stir in the milk and mustard.

Remove from heat and stir in the egg yolks, together with plenty of salt and pepper

- Using the balloon whisk, whisk the egg whites with a pinch of salt, until stiff (see Whisking Egg Whites, page 12).
- Fold into the cheese mixture and spoon over the cauliflower florets.
- Place the ramekins on the preheated baking sheet, return to the oven and cook until the soufflés are risen and golden, about 10-12 minutes
- Serve immediately

SAVOURY

LITTLE BREAD ROLLS AND HAMBURGER BUNS (makes 8-9)

Making your own bread rolls is truly impressive, and fills the house with a welcoming aroma.

The dough hooks make light work of kneading.

280g (10½oz) strong flour

1 level tsp salt

1 level tsp caster sugar

2 level tsp dried yeast granules

160ml (5½fl oz) warm water

2 tbsp olive oil

extra oil and flour

sesame seeds (optional)

- Always make breads in a warm kitchen using warm utensils to help the yeast to activate. Sift the flour and salt into a medium sized bowl

- Dissolve the sugar and yeast in a jug with the water, and add to the flour. Using the dough hooks, mix for a minute at medium speed.

Add the olive oil, and mix for another minute on slow speed, increasing to full speed until all is combined and you have a smooth dough. If it appears too dry, sprinkle over a few drops of water, and work this into the mixture until smooth again

- Form dough into a ball, place in a medium sized oiled bowl, cover with clingfilm, and wait it has risen and doubled in size. This should take 20 – 30 minutes. Remove from bowl and squeeze the dough

- Preheat the oven to 210C/410F/M6-7

- Chop the dough into pieces, each weighing about 50g (2oz), and roll them into tight little balls.

Place on a non-stick baking tray covered with a plastic sheet and leave for about 40 minutes, in a draught-free place, until doubled in size

- Dredge generously with flour and bake for 10 minutes

- Hamburger buns can be made by gently rolling out the little balls with a rolling pin. Paint the top of each bun with water, dip into a tray of sesame seeds, and stand upright again. Proceed as above, but no flour dredging is required

SAVOURY**CREAMY MASHED POTATOES (serves 4 to 6)**

This takes mashed potatoes into another dimension!

Mash made in this way can double as a sauce for a roast or grill.

800g (1¾ lbs) large floury potatoes (a bit old are best)

60g (2oz) butter

200ml (7fl oz) whole milk

salt and freshly milled pepper

- Peel the potatoes, cut into quarters lengthwise, cover with cold water in a saucepan, add salt, and boil gently until soft
- Test by pressing a potato with the back of a spoon against the side of the pan; it should crush easily
- Drain the potatoes well, return them to the dry pan, place on a

gentle heat, and shake them to steam off the excess moisture

- Heat the butter and milk in a small pan until boiling
- Tip potatoes into a deep bowl, break them up roughly with a fork and then with the beaters on slow speed
- On medium speed continue whisking, gradually adding the buttery milk
- Add salt and pepper to taste
- For extra smooth and fluffy mash, change to the balloon whisk and work until creamy and frothy
- If you cannot serve immediately, cover with a thin film of milk, and cool. Reheat in a microwave or hot oven

SAVOURY SAUCES**LIME BUTTER**

So simple but so effective – make in advance and use as required. Makes about twenty-four slices.

Serve on chicken or fish steaks, hot off the grill.

As you take them to the table, the butter oozes and melts, and forms a tasty sauce. The lime butter can be stored in the freezer and slices cut as you need them.

200g (7oz) best unsalted butter, very soft

the zest of 6 limes

lime juice, to taste

salt

Tabasco sauce

aluminium foil

SAVOURY SAUCES

LIME BUTTER

- Using the balloon whisk, beat the butter until white and fluffy
- Stir in the zest, and enough salt, lime juice and Tabasco to give it a good flavour
- Scrape it out of the bowl, and lay in a straight line, approximately 12cm (5 inches) long, on aluminium foil
- Roll the foil round the lime butter, to form a sausage. Twist the ends like a toffee wrapper
- Store in the freezer in a plastic bag
- To take a slice, cut through the foil with a hot knife into nice rounds, ½ cm thick (just under ¼ inch)

MAYONNAISE

Unctuous and smooth, mayonnaise is a classic summer accompaniment for fish and seafood dishes and for enriching salads.

3 egg yolks

1 tbsp wine vinegar or lemon juice

½ tsp salt

½ tsp French mustard

285ml - 430ml (½ - ¾ pint) olive oil, sunflower oil or a mixture of each, which should feel warm to the touch – not from a cold larder

salt and freshly milled pepper

- Pour some hot water into your mixing bowl and put in the eggs, in their shells, to warm while you assemble the ingredients

- Drain and dry the bowl and separate the eggs. Using the beaters, whisk the yolks for about 2 minutes at high speed until pale and sticky, adding the vinegar or lemon juice, salt and mustard as you go

- Slow the speed and start to trickle in the oils – this is easiest poured from a jug. Let each drop be absorbed before adding the next

- When half the oil has been incorporated, the rest can be added a little faster - by the tablespoon

- Add salt and pepper to taste

- Store in sealed jar in the fridge until required

SWEET SAUCES

BRANDY LOVERS BUTTER AND CREAM

Brandy butter is a Christmas essential. Pile onto a pretty glass dish for serving with a steaming Christmas Pudding.

200g (7oz) best unsalted butter, very soft

80g (3oz) caster sugar

80g (3oz) icing sugar

6 tbsp Cognac or brandy

- With the balloon whisk, beat the butter until white and fluffy
- Beat in the sugars, a little at a time
- Add the brandy carefully and slowly to avoid the mixture separating
- Cover and chill

CAKES & DESSERTS

CREAM FOR CAKES

Brandy cream is ideal for filling profiteroles. It is also a less rich alternative to brandy butter, and is terrific with mince pies, fruit tarts, steamed puddings, etc.

285ml (½ pint) double cream

1 tbsp icing sugar

1 tbsp brandy

- Whisk the double cream with the balloon whisk until lightly whipped, then whisk in the icing sugar and brandy
- Whisk carefully until thick, shiny and not quite stiff

- Use double cream for sandwiching two layers of a cake and for decorating the top and sides. Do not use whipping cream as it becomes soft and watery over time

- If you enjoy piping cream into decorations, whipped double cream is ideal. Use a medium to small piping bag, as the warmth of your hand when using a large one may curdle the cream

- Whisk the cream until stiff. Spread over the cake, or fill the piping bag and decorate – it is easier than you may think

- Finish with chopped nuts, flaked almonds, candied violets or rose petals, grated chocolate or hundreds and thousands

CAKES, BISCUITS AND DESSERTS

CHOCOLATE CAKE

A great cake, easy to cut and serve. Iced with sour cream and chocolate icing it befits a special occasion.

225g (8oz) plain good quality chocolate, broken into squares

a little milk

1 tsp vanilla essence

225g (8oz) butter

175g (6oz) caster sugar

4 eggs, yolks & whites separated

55g (2oz) ground rice

120g (4oz) plain flour

1 tsp baking powder

a little butter

a deep, 20cm (8 inch) cake tin

- Preheat oven to 175C/350F/M3

- Grease the tin with butter and line base and sides with baking parchment. Break up the chocolate and melt into the milk and vanilla in a bowl placed over a pan of barely simmering water. In a separate bowl cream together the butter and sugar, using the beaters (see The Creaming Process, page 14)
- Add the egg yolks one at a time, beating well between each addition. At a slower speed, gently beat in the melted chocolate mixture. Sieve the rice, flour and baking powder, and mix in slowly. Using the balloon whisk, whisk the egg whites until stiff (see Whisking Egg Whites, page 12). Fold into the mixture and then pour into the tin

- Bake in the centre of the oven for 1¾ hours, or until the middle is spongy to the touch and a skewer comes out clean. Cool in the tin

CHOCOLATE ICING

This easy icing has a wonderful gloss, and makes pretty decorations when used with a piping bag.

240g (8½ oz) plain, good quality chocolate

200ml (7fl oz) sour cream or crème fraîche

- Melt the chocolate in a bowl. Remove from the heat and cool a little. Using the beaters on a slow speed, whisk in the sour cream, giving the mixture time to darken and shine. As soon as it is firm enough to spread, smooth over the cake with a table knife

CAKES, BISCUITS AND DESSERTS

FRENCH APPLE CAKE

This is an unusual cake which makes a lovely dessert. The tartness of the apples gives it a fresh and light quality which is welcome at the end of a good meal.

**500g (1 lb) tart cooking apples
e.g. Bramleys or Granny Smiths**

75g (3oz) self-raising flour

1 level tsp baking powder

125g (4oz) caster sugar

75ml (2½ fl oz) milk

50g (2oz) melted butter

2 medium eggs, beaten

soft butter for greasing cake tin

You will need a deep, 20cm (8 inch) cake tin, a cooling rack and baking parchment.

Topping:

75g (3oz) butter, very soft

100g (3½oz) caster sugar

1 tsp vanilla essence

a medium egg, beaten

icing sugar

- Preheat oven to 170C/325F/M3
- Grease the tin and line the base with a circle of baking parchment
- Peel, core and chop the apples, place in the tin. Put the rest of the ingredients into a bowl and using the beaters at top speed, beat to a smooth cream
- Pour the batter over the apples and bake for 45 minutes on the middle shelf

- Beat the topping ingredients together and pour over the semi-baked cake
- Return to the oven for a further 30 minutes.
- Cool the cake in the tin for a further 40 minutes.

Loosen sides with a knife and gently shake out onto the cooling rack lined with a piece of parchment. Leave to cool a little.

- Carefully turn the cake over onto a serving plate, so the topping is uppermost
- Sprinkle with a little icing sugar and serve with some softly whipped whipping cream

CAKES, BISCUITS AND DESSERTS

PERFECT MERINGUES

Snowy white and crisp, meringues are always popular at tea time or in a large variety of desserts. Sandwich small ones together with whipped double cream, or Brandy Cream (see recipe page 19) or crush and fold in some whipped cream, place in glasses, top with berries, or a fruit fool, and trickle a fruit sauce over the top.

6 egg whites

a pinch of cream of tartar or a few drops of lemon juice

a pinch of salt

360g (12oz) caster sugar, sifted

You will need two small baking trays lined with baking parchment.

- Preheat oven to 150C/300F/M2
- Put the sugar in a measuring (or similar shaped) jug for easy pouring
- Follow instructions for Whisking Egg Whites, page 12. Before you begin to whisk the whites, add the cream of tartar, lemon juice and salt
- When the whites are foamy and bubbly, add half the sugar, pouring in a steady stream but not taking too long, while continuing to whisk to firm peak stage. Gradually fold in the rest of the sugar with a spatula
- Using two spoons, drop the mix in small, equal sized balls onto the baking sheets
- Dip your finger in cold water and smooth down any little tails which might otherwise darken in the oven
- Bake for 15 minutes on a low shelf. Before the meringues colour, open the oven door and turn off the heat
- After 10 minutes, shut the door, turn the oven on to 50C/150F/LOW to dry them out for an hour. Turn off and leave in the oven for 3-4 hours
- Peel meringues off the paper. If they are stuck rub them gently beneath the paper with a damp cloth – this will release them
- Store in an airtight tin, where they will keep for months

CAKES, BISCUITS AND DESSERTS

SWEET PASTRY (enough for two 8 inch tart cases)

Use to make tarts or tartlets to fill with fresh summer fruits and cream, or for making short vanilla biscuits. makes 600g (1 lb 5oz)

200g/ 7 oz unsalted butter cubes

100g/ 3½ oz caster sugar

2 tbsp beaten egg

½ tsp vanilla or dark rum

300g/ 11 oz flour

- Use the dough hooks. The butter should be a soft, almost melting consistency
- In a medium sized bowl, using medium to high speed, mix the butter and sugar until creamy and you can see the trail of the dough hooks
- Add the egg and vanilla, beating until the egg is fully incorporated

- Add the flour and mix on medium speed until the dough starts to cling round the dough hooks in large chunks

- Working in the coolest conditions possible, tip the dough out onto a counter and gather it up in your hands, squeezing it gently to form a smooth sausage shape, with no cracks. Handle it lightly or it may get oily. Chill for a couple of hours in the fridge before rolling out

To make a tart case

- Preheat oven to 160C/310F/M2-3. Line the tin with pastry and trim off the edges neatly. Bake the case blind: line the pastry with baking parchment or foil (larger than the case so that it comes up the sides) and fill with rice or baking beans. Bake for 30 minutes

- Remove rice/beans and parchment/foil and return to the oven for a further 20 to 30 minutes at 170C/325F/M3 to dry out – keep an eye on it as you do not want it to turn dark brown. Cool before filling with whipped double cream and fresh fruit e.g. strawberries, raspberries, blueberries etc. Serve immediately

To make individual tartlets or biscuits

- Preheat oven to 170C/325F/M3. Grease a tartlet tray. For biscuits, line a baking tray with baking parchment. Cut the pastry into circles with a cookie cutter, place on the tray and bake for 7-10 minutes, or until dry. Sprinkle biscuits with caster sugar as they come out of the oven



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